



Dear CDI Family and Friends,

We hope that you are keeping well and safe, and near your loved ones either in person or by virtual means. These are certainly uncertain times we find ourselves in, making it that much more important to take care of our daily mental health and that of our children and youth.

We wanted to let you know what CDI is doing in response to coronavirus COVID-19. Given that the health and well-being of our families is of utmost importance, we remain committed to upholding our critical role in providing support to families during these stressful times. For now, our locations are closed to the public yet we continue to provide much-needed services to the families in our care via critical phone support by our clinical teams. In the coming days we will continue to adapt our ways and explore online platforms and other innovative means to ensure our heightened preparedness and continuation of service. Now, more than ever, children and families are facing increased anxiety, stress, fear and worry. Mental health challenges do not stop when a pandemic begins. And neither will we.

The support of our specialized mental health services is especially crucial at this time. We anticipate additional support needed for children, youth and families that are now isolated from their peer groups, adjusting to upheavals in their daily routines, and suffering from increased financial strain brought upon this global health crisis.

As part of our vigilance of this global pandemic we have joined collective efforts in slowing down the spread of the virus to lessen the burden on our health care system and safeguard the health and safety of our teams, families, partners and communities. CDI staff is adjusting to working remotely and staying in touch daily as a team to ensure our critical mandate of supporting children, youth and families remains as is. We have and continue to follow and act accordingly to recommendations by Toronto Public Health and the Toronto Medical Officer of Health and have engaged a Public Health physician to further inform our response to COVID-19.

During these days, we will aim to send out updates to our community to stay in touch and connected. Please be sure to click [here](#) for helpful parent resources during these times.

Our hearts are with you and your families.

Stay well and be safe.

Your Child Development Institute Family